Stalking Incident and Behavior Log

It is critical that victims of stalking maintain a log of stalking-related incidents and behavior. Recording this information will help to document the behavior for restraining order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later testify.

The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records.

Important note: Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information that you do not want the offender to see**.

Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.

Date	Time	Description of Incident	Location of Incident	Witness Name(s) Attach Addresses & Phone #	Phone Call (Report #)	Officer Name (Badge #)